



✓ Top 5 tips To lower your cholesterol



01

Eat More Soluble Fiber

Foods like oats, fruits, and legumes help reduce LDL (bad) cholesterol.



02

Add Healthy Fats (Omega-3s)

Fatty fish, nuts, and seeds can lower triglycerides and boost HDL (good) cholesterol.



03

Limit Saturated and Trans Fats

Cut back on red meat, butter, and fried foods to reduce LDL cholesterol.



04

Exercise Regularly

150 minutes of weekly aerobic exercise can improve cholesterol levels.



05

Quit Smoking

Stopping smoking can raise HDL cholesterol by 30% and improve heart health.

